



FitUP Newsletter #4 out of 8...

Greetings Get Moving U.P. Participants!

After a week or so of logging difficulties, I think we have everyone who wants to participate to be able to do so. If you still are having problems respond me at:

<mailto:gsedlacek@mqtcty.org>. We now have over 750 registered users. I just held the drawing for week one and week two. Over 225 people have qualified for the drawing (averaged at least 150 minutes of activity a week). The Marquette Alger Team is ahead in the team standings with 3,800 miles after the conversion from minutes to miles. Delta/Menominee and Chippewa/Luce/Mackinac Counties are about 1,000 miles behind. Team Gogebic/Ontonagon is another 1,000 miles behind them and the far north team really needs to step it up! It's not too late to get people to be on your county teams. While they will not qualify for this drawing, there are several more!

Some of you may have registered for another team. You can switch teams by going to the edit profile section located on the top of your personal walking works log page.

Some charter internet users get blocked from receiving this newsletter due to the volume sent out. Of course if you're not getting it, you're not reading it. But all newsletters are posted on the www.FitUP.org page as are the winners.

Last week I was asking about the weather in the Banana Belt. John got back to me with this report: "There is about a foot of snow in Escanaba and the weather feels like spring (high 20's to mid 30's for the last week and the week to come). This is a refreshing break that will make winter seem a lot shorter. Even thought about tapping the maple trees last week." That jinxed us for sure. I have to drive down to Spaulding tonight, so I'll see

first hand.

Oh yah ... something about winners ... well here they are for the first two trouble-filled weeks. Thank you to the Wellness Council of the Upper Peninsula and Blue Cross Blue Shield of Michigan!!! Winners should email WELCUP Executive Director, Kelly Rumpf at <mailto:rumpf@hline.org> for info on how to get your prize.

Week #1 Winners

Sherrri,Moran,Team Chippewa Luce Mackinac Get Moving Jacket
Christopher,Marshall,Team Chippewa Luce Mackinac \$10
Gigi,Overholt Team Delta Menominee Schoolcraft Get Moving Jacket
Tammy,Winling, ,Team Delta Menominee Schoolcraft \$10
Lori,Polfus, Team Dickinson Iron Get Moving Jacket
Linda,Arthur, ,Team Dickinson Iron \$10
Lea,Miskovich, Team Gogebic Ontonagon Get Moving Jacket
Deborah,Leonard, ,Team Gogebic Ontonagon \$10
Tammy,Nettell, ,Team Keweenaw Baraga Houghton Get Moving Jacket
Angela,Grathoff, ,Team Keweenaw Baraga Houghton \$10
Brian,Crothers, ,Team Marquette Alger Get Moving Jacket
Laura,Fredrickson,Team Marquette Alger \$10

Week #2 Winners

Helen,Osborn,Team Chippewa Luce Mackinac Get Moving Jacket
Michelle,Gregg-Marger,Team Chippewa Luce Mackinac \$10
Barb,Tomaszewski,Team Delta Menominee Schoolcraft Get Moving Jacket
Cheryl ,Hanson,Team Delta Menominee Schoolcraft \$10
Kelly,Carr,Team Dickinson Iron Get Moving Jacket
Karen,Stebbins,Team Dickinson Iron \$10
Pat,Marcouiller,Team Gogebic Ontonagon Get Moving Jacket
Lauana,Drier, Team Gogebic Ontonagon \$10
Anita,Marsy-Bosley, Team Keweenaw Baraga Houghton Get Moving Jacket
Meg,Pachmayer, Team Keweenaw Baraga Houghton \$10
Cary,Sutherland, Team Marquette Alger Get Moving Jacket
linda,bjork, Team Marquette Alger \$10

Week three is almost over, so let's all STEP IT UP!!!

Questions or Comments? Contact us at fitup@hline.org